

Seared Pork Chops with Creamy Cheese Sauce

Hands-on 15 minutes Overall 45 minutes

Nutritional values (per serving, 1 pork chop with sauce): Total carbs: 4.7 g, Fiber: 0.7 g,

Net carbs: 3.9 g, Protein: 28.5 g, Fat: 34.6 g, Calories: 447 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 4 pork loin chops each (450 g/ 1 lb)
- 1 tbsp [extra virgin olive oil](#), [avocado oil](#) or [ghee](#) (15 ml)
- sea salt and black pepper, to taste
- 2 medium yellow onions (g/ oz)
- 1/2 stick butter (57 g/ 2 oz)
- 1 1/2 cups beef stock (360 ml/ 12 fl oz)
- 1 clove garlic, minced
- 1/4 cup heavy whipping cream (60 ml/ 2 fl oz)
- 2 tbsp fresh thyme
- 1/2 cup shredded mozzarella (56 g/ 2 oz)

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)

Instructions

1. Pat the pork chops dry and the season with salt and pepper on both sides.
2. Heat the olive oil in a large skillet over medium-high heat. Sear the pork chops on each side for approx. 4 minutes or until deeply golden and crispy. Remove from the pan and sit to one side.
3. Melt the butter in the skillet. Thinly slice your onions and cook them over med-high heat until they are caramelised.
4. Add the beef stock and the garlic, salt and pepper and hard simmer until the sauce is reduced and thickened. Add the cream and stir through.
5. Nestle the pork chops into the sauce and simmer gently for a further 10 minutes or so, or until juices run clear from the meat. Top with the extra mozzarella cheese. You can either broil the pan until the cheese melts or place a lid on it on the stovetop and cook on low until the cheese melts.
6. Serve garnished with thyme sprigs. Store in the refrigerator for up to 4 days. Can be frozen and re-heated in the oven.

More great content on [KetoDietApp.com](#)